

## **MEN'S LUNCH AT FOXBORO CABLE ACCESS**

Our Men's Lunch this month is going to be held at the Foxboro Cable Access Studio located at 28 Central Street. Join us from 12:30 p.m. to 2:00 p.m. on Thursday, April 23<sup>rd</sup> for lunch and a tour of the studio. This is your chance to see behind the scenes of our local cable access provider and to meet FCA Executive Director Mike Webber. Lunch will be served at the studio and is "on us" this month, so there is no charge. If you'd like to attend, please call the senior center by Monday, April 20<sup>th</sup> to sign up.

### **Monday, April 13**

Chair Yoga 9:30 a.m.  
Tai Chi 10:30 a.m.  
Knitting 1:00 p.m.  
Shaws 1:00 p.m.

### **Tuesday, April 14**

Stretch & Balance 8:30 a.m.  
Zumba Gold 9:45 a.m.  
Blood Pressure Clinic 10:00 a.m.  
Nutrition 11:00 a.m.  
Classic Movie Day – "Spencer's Mountain" 12:30 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, April 15**

Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Line Dancing 11:15 a.m.  
TRIAD 1:00 p.m.  
Walmart 1:00 p.m.

### **Thursday, April 16**

Coffee with the BOS Candidates – Ginny Coppola 9:30 a.m.  
SHINE by appointment 10:00 a.m.  
Aging Mastery Program 11:00 a.m.  
Low Vision Support Group 1:00 p.m.

### **Friday, April 17**

Stop & Shop 8:30 a.m.  
Aerobic Exercises 9:30 a.m.  
Card Making Class 11:00 a.m.  
Cribbage 11:00 a.m.  
Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **COFFEE AND CONVERSATION WITH THE CANDIDATES FOR SELECTMEN**

Each of the three candidates running for a seat on the Board of Selectmen will be visiting the senior center in April. Two of the three candidates will be elected to a 3-year term at the May 4<sup>th</sup> town election. This is your chance to ask questions of those who are asking for your vote. The 3 candidates will be here on the following Thursdays from 9:30 to 10:30 a.m.: Ginny Coppola on April 16; Lorraine Brue on April 23, and; Chris Mitchell on April 30. Take advantage of this opportunity to get to know the candidates and to help you make an informed choice on election day. If you'd like to join us, please call the senior center at 508-543-1252 to sign up.

## **SWING INTO SPRING**

Singer Donna Lee will be returning to the senior center along with entertainer Eric Weld and they will be helping us to “Swing into Spring” as they serenade us with songs from Connie Francis and Jim Reeves. This program is being sponsored by the Friends of Foxborough Seniors. Get your toes tapping, and come join us for an afternoon of fun and song on Wednesday, April 22<sup>nd</sup> starting at 1:30 p.m. If you’re interested in taking part in this special program, give us a call at 508-543-1252 to sign up.

## **LINE DANCING CLASSES IN APRIL**

It’s time to get moving again and do some dancing! Our line dancing instructors Jeanne Bonneau and Faye Sullivan will be back once again to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. According to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. So, in other words, you’ll be improving your brain power while getting some great exercise!’ Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>. Please call the senior center at 508-543-1252 to sign up.

## **AGING MASTERY PROGRAM – EXERCISE AND YOU**

The fifth workshop in the Aging Mastery Program (AMP) will be held on Thursday, April 16<sup>th</sup> at 11:00 a.m. at the senior center. This workshop will focus on “Sleep” with guest speaker Kathryn Henderson. The workshop will present an overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep. This program is available exclusively for participants in the Aging Mastery Program.

## **TRIAD**

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, April 15<sup>th</sup> at 1:00 p.m. Everyone is welcome to attend these informational services.

## **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Come join us at the senior center for some “Coffee and Conversation” with our Town Manager Bill Keegan on Wednesday, April 29<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you’ll be coming.

## **SENIOR SUPPER CLUB**

You are invited to join our Senior Supper Club on one Wednesday each month from now through the month of October. Are you tired of eating supper alone? Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services on Wednesday, April 29<sup>th</sup>. The event starts at 4:30 p.m. with supper to be served at 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 to make your reservation and to arrange for transportation, if needed.

## **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

Watch “Your Scene Your Center” on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On April 15<sup>th</sup> and 16<sup>th</sup> the featured program will be the

American History Series “The Collision of Empires.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **TRIP INFORMATION**

#### **SIGN UP FOR OUR TRIP TO NOVA SCOTIA**

We’ve had a great response to the sign up for our trip to Nova Scotia in July, but we still have a few openings if you’d like to join us. We will be traveling up to Nova Scotia and Prince Edward Island for an “Atlantic Canada Cruise Tour” from July 6 – 12 in 2015. If you are interested in joining us, call the senior center now at 508-543-1252 for information or to sign up – there are a very limited number of spaces available. Trip registration forms are available at the front desk of the senior center, and payments are to be made directly to Tours of Distinction.

### **TAX ASSISTANCE**

#### **SENIOR TAX PROGRAM**

The Senior Tax Program is a program that allows the Town of Foxborough the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the residents’ property tax bill. The program enhances municipal services while alleviating senior residents’ tax burden. A qualified resident will be paid the current state minimum wage per hour toward a maximum credit of \$1000 per household during a fiscal year. To find out more about this program, please call the senior center at 508-543-1252.

### **REGULARLY SCHEDULED**

#### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Chateau Restaurant on Wednesday, April 22<sup>th</sup> at 1:00 p.m. Seating is limited, so if you’d like to join us, please call the senior center at 508-543-1252 to sign up by Monday, April 27<sup>th</sup>. Van transportation is available.

#### **CLASSIC MOVIE DAY**

The featured movie classic for the month of April will be “Spencer’s Mountain” and is scheduled for Tuesday, April 14<sup>th</sup> at 12:30 p.m. This 1963 drama is based on an Earl Hamner, Jr. novel that later inspired the television series “The Waltons.” Henry Fonda plays Clay Spencer, a fiercely independent, hard-drinking, foul-mouthed Wyoming laborer who believes in God but rejects (to his small community’s dismay) organized religion. Scraping together enough money to build a new house for his wife (Maureen O’Hara) and nine children, Spencer runs into an obstacle to both his plans and family pride when his college-bound son (James MacArthur) romances the daughter of Spencer’s boss. So, take in a good movie with friends while you enjoy the comfort of the senior center. We’ll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you’d like to join us, please call 508-543-1252 to sign up.

### **SHOPPING**

We will be going to Shaw’s on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

April 15 – Walmart

April 22 – The Chateau Restaurant

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on April 16<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

## **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA instructor Michelle Laller, and there is a \$2 charge for each session.

## **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on April 27<sup>th</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

## **STRETCH AND BALANCE**

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, April 14<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

### **PRE-DIABETES SCREENING CLINIC**

On Thursday, April 30<sup>th</sup> from 8:30 to 11:30 a.m., there will be a Pre-diabetes Screening Clinic at the senior center. This program is provided by the VNA Care Network, Inc. to persons aged 60 and older and it is funded by a grant through HESSCO Elder Services. The purpose of the program is to help prevent or delay the onset of type 2 diabetes. The screening is performed by a registered nurse for the 5 risk factors known to be predictors of Diabetes. The screening includes blood sugar and blood cholesterol testing followed by blood pressure, Body Mass Index (BMI) and waist measurements. A 20 minute appointment is required for this screening which includes instructions on how to lessen these known risk factors, help develop a realistic lifestyle change and set short term goals. If you are interested in taking part in this free Pre-diabetes Screening, please call the senior center at 508-543-1252. Also, if you are a participant in the AMP program, this is an opportunity to earn bonus points.

## **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for April 16<sup>th</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up and appointment.

## **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.**

**Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, April 13**

Beef & Cabbage Casserole

Carrot Coins

Honey Wheat Bread

Pears

Calories 268

Sodium 374

**Tuesday, April 14**

Tortellini with Basil Tomato Sauce

Roman Blend Vegetables

Scali Bread

Applesauce

Calories 380

Sodium 457

**Wednesday, April 15**

Chicken Picatta

Whipped Potato

Beets

Wheat Bread

Blonde Brownie

Calories 372

Sodium 648

**Thursday, April 16**

Stir Fry Beef and Broccoli

White Rice

Multigrain Roll

Fresh Orange

Calories 285

Sodium 296

**Friday, April 17**

Potato Crunch Fish

Tartar Sauce

Augratin Potato

Zucchini & Tomato

Calories 450

Sodium 529